

Decision-Making

The health skill, *Decision-Making*, focuses on the fact that people make decisions everyday. When applied to health, the steps in this health skill model give students the ability to make decisions individually, or collaboratively, to improve their quality of life. The health skill also allows students to make important decisions that require a thoughtful decision-making process outside of high-risk and high-stake contexts, increasing the likelihood of making healthy choices when facing potentially unhealthy situations. Mastery of *Decision-Making* empowers students to work through difficult situations by keeping the impact of the decision on their health in mind.



DECISION-MAKING BY GRADE

Grades PreK – 2

Decision Making Grades PreK-2 Overview

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Steps Poster

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Steps & Sub Skills Poster

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Teaching Progression for Step 2: Think About Help

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Teaching Progression for Step 3: Make a Decision

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Teaching Progression for Step 4: Look Back & Learn

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Assessment Tools, Resource Bank, & Content Connections

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Whole Decision Making Grades PreK-2 Guide

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Grades 3 – 5

Decision Making Grades 3-5 Overview

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Steps Poster

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Teaching Progression for Step 1: Identify Decisions

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Teaching Progression for Step 2: Brainstorm Options & Outcomes

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Teaching Progression for Step 3: Make a Decision

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Teaching Progression for Step 4: Look Back & Learn

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Assessment Tools, Resource Bank, & Content Connections

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Whole Decision Making Grades 3-5 Guide

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Grades 6 – 8

Decision Making Grades 6-8 Overview

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Steps & Sub Skills Poster

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Teaching Progression for Step 1: Determine Importance of a Decision

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Teaching Progression for Step 2: Use a Prioritization Strategy

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Teaching Progression for Step 3: Make a Decision

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Teaching Progression for Step 4: Follow Through

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Teaching Progression for Step 5: Reflect

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Assessment Tools, Resource Bank, & Content Connections

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Whole Decision Making Grades 6-8 Guide

Grades 9 – 12

Decision Making Grades 9-12 Overview

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Steps Poster

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Teaching Progression for Step 1: Pause and Think

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Teaching Progression for Step 2: Use a Prioritization Strategy

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Teaching Progression for Step 3: Make a Decision

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Teaching Progression for Step 4: Follow Through

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Teaching Progression for Step 5; Reflect

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Whole Decision Making Grades 9-12 Guide

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Rubrics - Updated Rubrics Coming Soon!

Decision Making Rubrics

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Decision Making Rubrics (.docx)

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Health Skills Models

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- [Access Valid & Reliable Resources](#)
- [Interpersonal Communication](#)
 - [Stage 1: Communication Techniques](#)
 - [Stage 2: Refusal Skills & Boundary Setting](#)
 - [Stage 3: Conflict Resolution](#)
 - [Stage 4: Collaboration](#)
- [Decision-Making](#)
- [Goal-Setting](#)
- [Self-Management](#)
- [Advocacy for Self & Others](#)

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